

Adult Yoga

Ages 18 and Up

Whether you have been practicing yoga for years or this is your first time, this class is for you! Release stress and improve personal well-being this spring. Yoga will bring balance, breath awareness, stamina and flexibility to the body and mind. Students will be able to work at their own level, modifying poses as needed. **Please note:** Participants must wear a face mask and bring a yoga mat and a water bottle to class. Due to COVID-19, several additional policies are required of all participants. Please see page 2 for details. **Limit: 24.**

Dates: Tuesdays, April 27 - June 1, 2021

Time: 6:15 - 7:30 PM

Fee: \$30.00, *Open to Enfield residents only.*

Activity Number: 3605.0337.301

Location: Enfield Annex Cafeteria, 124 North Maple Street

Online and In-Person Registration Begins:
Thursday, April 1 at 8:00 AM



WE'VE MOVED!!

Enfield Recreation | **124 North Maple Street**
860.253.6420 | www.enfield-ct.gov/recreation



PROGRAM POLICIES RELATED TO COVID-19

- **Participants must complete a self-screening before arriving to each session. If you or anyone in your household does not feel well for ANY REASON, please do not attend the program.** Weekly email reminders will be sent to all participants. An email will also be sent 24-48 hours prior to the start of the program with details, reminders and any updates.
- Please notify us if you or someone in your household tests positive for COVID-19 on the day of the program or in the 14 days immediately following your last day of participation.
- Participants are responsible for bringing their own equipment. Please note that there will be no access to the water fountains so participants should bring their own water bottle with enough water for the program. Personal items will not be shared during the program.
- Please do not arrive more than 10 minutes before the start of the program.
- **Participants will enter the Annex via Door 1 and should follow the signs directing you to the cafeteria. Only participants will be allowed in the building.**
- **Masks MUST be worn by participants AT ALL TIMES during the program, including during physical activity.**
- Contactless sign in will be held in the cafeteria. When signing in, please maintain a social distance of at least 6 feet between yourself and others.
- Hands must be sanitized/washed after signing in and as needed during the program. Hand sanitizer and restrooms will be available for participants to use during the program.
- Participants must follow the instructor's directions to keep socially distanced throughout the program. The cafeteria floor will be marked with proper distance between mats.
- Peer-to-peer and instructor-to-peer contact will not be allowed at any time during the program.
- **Policies are subject to change based on new local, state or federal regulations. We will communicate any changes via email.**